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INDIFFERENCE

Abstract: The matter of indifference is always relevant. Almost everyone has ever experienced it in relation to the difficulties of other people, even to the loved ones. Perhaps, a man is organized in such a way that firstly he is oriented on solving his own problems and only then on difficulties of close people. But you will not spend a lot of time and money on being responsive as it is more important to be kind, compassionate, ready to share the warmth of your soul with people in need.

Key words: kind-heartedness, mercy, indifference.

Nowadays people are indifferent to their actions. They try to stand off and keep out of the lives of others. The attitude to people, world and life situations make social problem of indifference more important.

The word «indifference» has different meanings, but today we only use it in a negative sense. Indifference is condemned for its insensibility and disinterest. At present this behavior has become a norm for us because we deal with it very often. Indifference frequently conceals the attempt to separate from the cruel reality. For example, if a person was often humiliated or insulted, he would not interfere in situations with people or conflicts and would not communicate with others. Not to be disturbed, he will be indifferent to others.

The inner world of a man is very fragile. It consists of dreams, feelings, memories, thoughts and imaginations. Every person is individual. And he has his own attitude to the existence of the world.

We see the world as we want it to be. Marcus Aurelius said that our life was what we thought about it. So if we only think of the bad and we are not confident about the future, if we do not rejoice over ourselves and others, we will not achieve our goals. We will become indifferent and reserved. Many people who are self-contained have a limited inner world. They do not have a desire to find a common language with people. That is

why it is hard for them to start a conversation and what is more they are afraid to seem stupid and do not want to help others.

A person is often reproached that he tries to help the people in need. We often hear such expressions as «let him get out», «it is necessary to think what you do and what you say», «he is to be blamed». All these are about indifference. And the attitude of our population towards people without a certain residence can be a striking example of indifference. Surveys studying public opinion show that this attitude is generally characterized as negative.

The appearance of indifference in a man is often influenced by his upbringing. When a child sees how his parents act, he remembers it and follows their example for the rest of his life. Imagine this situation: the child goes with his parents along the underground passage. The child is well-fed and well dressed; and there is an orphan not far from this family. What should parents do in this situation? How do they act? The task of parents is not to show a bad example, instilling an indifferent attitude. It is necessary to try to solve the situation in the best way.

Frequently parents give advice to keep away from these people so as not to get into trouble. Unfortunately they do not explain to their child that anyone can become an orphan. Among such people there can be kind, clever and hardworking persons who did not get support in an hour of need.

Alexithymia can influence the emergence of indifference in a human. This term was introduced by an American psychoanalyst P. Sifneos in 1969. It is interpreted as a limited ability to perceive emotions and their verbal expressions. Patients can only describe physiological senses. They are not able to convey their experiences.

This state can be inherent from birth or acquired in the process of growing up. The main reason for acquiring alexithymia is the natural reaction of the body to permanent stress. A person who is often stressed, has forgotten how to show his emotions. And that is why he does not know how to react properly to the emotions of people around him. Such psyche is elementary and narrow-oriented. Sometimes such people even do not know how to analyze their experiences and how to assess their mental state.

The main reason for this fact is the lack of care and love of parents to their children. Parents teach children to suppress feelings and emotions. When a child grows up, he will not be able to understand love and feel it.

In our opinion the main reason of appearance of indifference in each of us is egoism. We often put our own EGO above all. Everybody heard from the older generation that people used to be kinder and more responsive than the current generation. They always helped each other. Why is everything different now? One of the reasons is that many children have been spoken about cruelty of our modern world since their childhood. Children are taught to rely only on themselves. You should not give anything to anybody for free.

Is indifference independence, detachment from everything that is happening around or outright indifference to both feelings of others and oneself? A.P. Chekhov wrote, «Indifference is the paralysis of the soul, early death». The most difficult thing is to accept the indifference from people who are close and dear to you. If you hear from them «I do not care» in response to seeking advice or just looking for support, you become cold and lonely inside. It seems that the whole world turned away from you. Although, in fact, it seems nothing special - just three words, but what disappointment and despair they bring with them, how painfully they hurt the soul. It is easier to accept refusal, disagreement, and harsh criticism, than indifferent silence or «all the same». There is a statement: «Do not be afraid of enemies - in the worst case they can kill. Do not be afraid of friends - in the worst case they can betray. Be afraid of the indifferent - they do not kill and do not betray, but it is with their silent consent that treason and murder are committed in our world». A person should always know and be sure that there are people who love and support him, that they believe in him and empathize, and in the same way they need his love, attention, care and support. A person ceases to be full without all these things. He becomes reserved, loses the meaning of life and dies. The most horrible crime is to become an indifferent, insensitive and cold person.

In modern society aggression and cruelty supersede any positive feelings. Today the ambitions for material prosperity, successful career, achievement of maximum personal gain are on the top. Indifference and insensibility as a social phenomenon have existed since ancient times, but today in the 21st century they have become a global problem. Nevertheless, people are still in need of support, understanding, empathy, kindness and caring attitude. Of course, modern society is full of thoughtful and responsive people. But everyone must remember that the lives of other people depend on the behavior of every human being. Only

responsiveness and mutual assistance, love and respect for the people around will help maintain a strong, healthy society, save humanity and morality.

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РАВНОДУШИЕ

Аннотация: тема равнодушия актуальна во все времена. Вероятно, каждый из нас хоть раз проявлял равнодушие по отношению к трудностям близких. Возможно, человек так устроен, что он склонен сначала решить собственные проблемы, а неприятности близких откладывает на второй план. Скорее всего, так мы просто пытаемся найти оправдание нашей слабости, нежеланию оказать внимание и поддержку близким людям.

Отзывчивость тесно связана со способностью проявлять милосердие, сострадать. Иметь доброе сердце – не значит тратить много денег. Гораздо важнее отдавать теплоту своей души, уважать, ценить – всё это умения отзывчивого человека.

Ключевые слова: отзывчивость, милосердие, безразличие.

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